5. The lipid composition of claim **4**, wherein the positively charged head group is an amine.

6. The lipid composition of claim **1**, wherein a proportion of lipids in the lipid sheet each have a negatively charged head group.

7. The lipid composition of claim **6**, wherein the negatively charged bead group is a carboxylate.

8. The lipid composition of claim **1**, herein each particle further comprises a functional surface group chelated with an image contrast enhancement agent.

9. The method of claim **8**, wherein the image contrast enhancement agent is selected from the group consisting of a paramagnetic label, a radioisotope, a heavy metal, or a chromophore.

10. The lipid composition of claim **1**, wherein the targeting agent is a carbohydrate.

11. The lipid composition of claim **10**, wherein the carbohydrate is lactose.

12. The lipid composition of claim **1**, wherein the targeting agent is an antibody.

13. The lipid composition of claim **12**, wherein the antibody is specific for a cell adhesion molecule.

14. The lipid composition of claim **1**, wherein the targeting agent is attached to lipids in the lipid sheet by covalent linkage.

15. The lipid composition of claim **14**, wherein the targeting agent is attached to lipids in the lipid sheet via a hydrazine linkage.

16. The lipid composition of claim **1**, wherein the targeting agent is attached to lipids in the lipid sheet by non-covalent linkage.

17. The lipid composition of claim **16**, wherein the targeting agent is attached to lipids in the lipid sheet by way of a linkage between biotin and a biotin binding protein.

18. The lipid composition of claim **1**, wherein the targeting agent is attached to the lipid sheet by charge association.

19. The lipid composition of claim **18**, wherein the targeting agent is positively charged and the lipid sheet comprises lipids with negatively charged head groups.

20. The lipid composition of claim **19**, wherein the targeting agent is provided with a positive charge by conjugation to a positively charged substance.

21. The lipid composition of claim **20**, wherein the targeting agent is an antibody, and the positively charged substance is avidin.

22. The lipid composition of claim **1**, wherein the targeting agent is specific for the asialoglycoprotein receptor.

23. The lipid composition of claim **1**, wherein the targeting agent is specific for a cell adhesion molecule.

24. The lipid composition of claim **23**, wherein the cell adhesion molecule is vascular cell adhesion molecule-1 or intercellular adhesion molecule-1.

25. The method of claim **2**, wherein the substance to be delivered is an image contrast enhancement agent.

26. The method of claim **2**, wherein the substance to be delivered is a substance that inhibits receptor binding at the target tissue.

27. The method of claim **2**, wherein the substance is chelated to the surface of the particles.

28. The method of claim **2**, Wherein the target tissue expresses a cell adhesion molecule.

29. The method of claim **28**, wherein the cell adhesion molecule is vascular cell adhesion molecule-1 or intercellular adhesion molecule-1.

30. The method of claim **3**, wherein the area is undergoing angiogenesis.

31. The method of claim **3**, Wherein the area is a tumor.

32. The method of claim **3**, wherein the area is undergoing inflammation.

33. The method of claim **2**, comprising contacting the target tissue with the lipid composition in vitro.

34. The method of claim **2**, comprising injecting the lipid composition into a subject bearing the target tissue.

35. The method of claim **33**, comprising injecting the lipid composition intravenously into the subject.

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